Papier-Mâché Helmet

Build a fierce monster helmet using a gluten-free version of papier-mâché.

Kit contains:

- 2 Tbsp corn starch
- 1 balloon
- newspaper
- monster spike templates

You will need: a bowl, a measuring cup, a pot of water, a mixing spoon, scissors, glue, and ADULT SUPERVISION.

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INSTRUCTIONS

Step 1. <u>This is the adult supervision part!</u>

Combine the corn starch and 1¼ cups water in a small pot or saucepan. Heat on medium until it boils. Reduce the heat to medium-low and continue to boil for 5 minutes while stirring occasionally. If you look at your mixture and think, “Wow, I made a pan of elephant snot!” then you are doing it correctly. Let it cool.

Step 2. Rip your newspaper into small-ish squares.

Step 3. Inflate the balloon to a size slightly larger than your head. Place it in a bowl, knot down, to stabilize.

Step 4. Dunk the newspaper squares into the goop and smooth onto the balloon. Cover about $^{2}/_{3}$ of it with multiple layers.

Note: There is a high likelihood of mess in this step! Think carefully about mess containment.

Step 6. Let your papier-mâché dry completely. This can take 24–48 hours.

Step 7. Remove the balloon from your newspaper helmet. If it doesn't lift away easily, go ahead and pop it.

Step 8. Cut out your monster spikes and fold the tabs. Glue them onto your helmet as desired.

A Surprisingly Strong Material

Papier-mâché (pronounced “paper muh-shay”) is French for “chewed paper.” It is a lightweight building material made of paper fragments or pulp, sometimes combined with extra fibers, bound together with a glue or starch. Although paper is fragile, papier-mâché can be strong enough to turn into art, furniture, or even, historically, armor.

Despite the French name, papier-mâché was not invented in France. The term was coined by French artisans working in 18th century London.

Papier-mâché likely originated in the Chinese Han Dynasty (circa 200 CE). Variations have appeared in cultures around the world. This alebrije, a winged dragon figurine, is by Mexican artist Pedro Linares (1980).

internationalfolkart.org/exhibition/4946/la-cartoneraa-mexicana-the-mexican-art-of-paper-and-paste